



## Rainbow Nursing Interest Group

### How to be a Trans Ally

- Support me when I need you, but don't pity me.
- Actively defend my rights.
- Don't ask if I've had surgery or if I take hormones, unless it is relevant to my medical care. Otherwise, it's not your business
- Treat me like you would any other person.
- Use the pronoun that I want to use. If you make a mistake, apologize and quickly correct yourself.
- Don't call me by a name that I do not want you to use.
- Politely correct others if they use the wrong pronoun.
- Offer to accompany me to the restroom if I'm getting problems.
- Don't put the "T" in your group's name unless you've done something to support trans issues.
- Do your own research. Don't rely on me to explain it all to you.
- Don't tell me how cool being trans makes me. I am not trans to be cool.
- Don't tell jokes that might offend trans individuals, or allow others to do so.
- Don't assume that trans always refers to an MTF or FTM person.
- Don't assume you can guess my sexual orientation because I am trans.
- Include me. I've got plenty to offer.
- Be honest about what you know and what you don't.
- Don't judge my ability to "pass".
- Don't concern yourself with my genitalia, unless it is part of my medical care.
- When performing medical procedures, don't use gendered words. Use "chest" instead of "breasts", "bottom" instead of gendered words like "penis" or "cervix," as an example.
- Don't pretend to use terms you don't understand.
- If you're with me somewhere that you are not sure is a safe space, don't bring up trans issues.
- Don't support those who marginalize trans people.
- Realize that challenging binary gender systems is not always the same thing as being trans.